

# Recreational Drugs

Do you use recreational drugs like marijuana or amphetamines? If you do, then you should know that research has shown that these drugs make it more difficult to recover from psychosis. This is true for overuse of alcohol too which is considered a recreational drug.

Of course you probably use these drugs because they make you experience some positive effects. Some of the positive effects people report from using drugs are:

- ✦ Feeling “high”
- ✦ Feelings of relaxation
- ✦ Avoiding boredom
- ✦ Experiencing a “thrill”
- ✦ Escaping from negative feelings such as stress or depression
- ✦ Feeling less shy or awkward around others

But the chances are that you have also experienced some negative effects. Some of the negative effects people report from using drugs are:

- ✦ Unpredictable effects that can lead to panic, paranoia or depression
- ✦ Risks to physical and mental health
- ✦ Arguing with family and other loved ones
- ✦ Dependency or addiction
- ✦ Problems concentrating
- ✦ Problems at work or school

The decision to reduce or quit your use is yours. Nobody can force you to quit. But it is best if your decision to quit or continue is an informed decision.

Evaluate the positive and negative effects of your own use. Are there any advantages to reducing your current drug or alcohol use?

Positive effects

Negative effects

If you decide that there are advantages to reducing your use, then talk to your EPI Clinician about this. Her or she can help you set goals to reduce your use and problem solve with you on any challenges that you might encounter.

After you have successfully quit or reduced your use, you may “slip” and start to increase your use again. These types of slips are common. The important thing here is to not give up and just go back to using regularly. Review what happened and plan ways to manage similar situations in the future.